

Fairfax County Guidelines for Breakfast and Snacks at the Adult Day Health Centers

For breakfast, all food components of the meal must be served. For snacks, two of the food components must be served.

BREAKFAST

SNACKS

Food Component	Serving Size	Food Component	Serving Size
1 milk fluid milk	1 cup	1 milk fluid milk	1 cup
1 fruit/vegetable juice, ¹ fruit and/or vegetable	1/2 cup	1 fruit/vegetable juice, ¹ fruit and/or vegetable	1/2 cup
1 grains/bread² bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or grains	2 slices 2 servings 1 1/2 cups 1 cup 1 cup	1 grains/bread² bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or grains	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
2 meat/meat alternate^{3 **} meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt ⁴	2 ounces 2 ounces 2 ounces 1 egg 1/2 cup 2 - 4Tbsp. 2 ounce 8 ounces	1 meat/meat alternate³ meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt ⁴	1 ounces 1 ounces 1 ounces 1/2 egg 1/4 cup 2 Tbsp. 1 ounce 4 ounces

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¹ Fruit or vegetable juice must be full-strength.

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

³ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁴ Yogurt may be plain or flavored, unsweetened or sweetened.² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

****** It is acceptable for the Breakfast Pattern to provide only 1 ounce from the meat and beans group when a second meal is supplied that provides at least 3 ounces of meat/beans so that the 2 meal/day requirements for a total of 4 ounces of meat/beans and other nutrients are met.